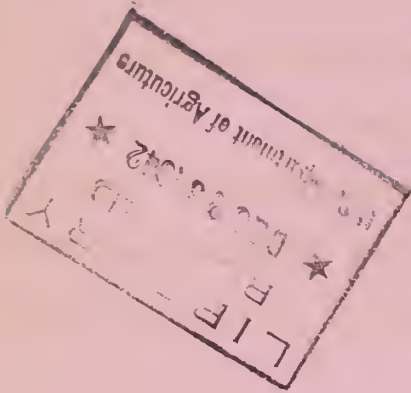


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



9
12 H/W

Homemakers' chat

FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT
OF AGRICULTURE

Friday, November 27, 1942

SUBJECT: "DISHES TO ALTERNATE WITH MEAT." Information from home economists of the U. S. Department of Agriculture.

-ooOoo-

Today I'd like to talk about a word with a new meaning for wartime. The word is alternate. When you hear the word alternate from now on--and you'll hear it often--you'll probably think first-off about sparing and sharing the meat.

That is, about eating no more than our fair share of beef, veal, pork, and lamb.

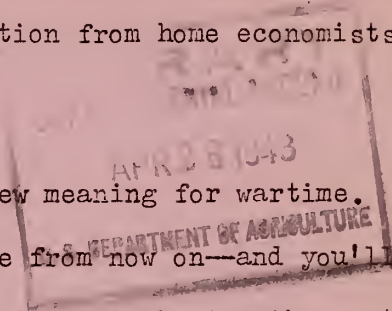
And here's how that word alternate fits in. One good way to spare the meat is to have an alternate main dish at lunch or dinner, now and again.

Home economists of the U. S. Department of Agriculture suggest poultry and fish, eggs, cheese, dried beans and peas, and nuts, as foods for these alternate main dishes. Then there are the variety meats, too, like kidney, liver, heart brains, and so on that you are free to use in any amount you want.

When a dish alternates for meat at a meal, it must do the same kind of job. That is, it must stick to the ribs--be substantial, in other words. And it must be a dish with a satisfying flavor.

You get 5 main food values from meat. Just to run over them: Number one, protein of good quality. You need protein to keep up the tissues of your body. Number two, iron--iron for red blood. And three, four, and five, the B-vitamins - thiamine, niacin, and riboflavin, for sound nerves, good appetite, good condition generally. So, an alternate main dish that does its duty must have good protein, and some of meat's other food values, too.

You can get good protein, some iron, and some of the B-vitamins in dishes made with the foods mentioned a minute ago--poultry, fish, eggs, cheese, dried peas



green vegetables, and potatoes.

And now for some alternate main dishes themselves. Most families have some old favorites. Now is a good time to acquire new favorites.

First, let's take cheese. Have you tried tomato rabbit? It's a gay cousin to the well-known Welsh rabbit, and you make it in much the same way. It gets a bright color and a tomato flavor from cooked or canned tomatoes. And for further distinction, it takes in chopped green pepper, chopped colery, and some onion.

Next dish cheese fondue. There's a dish that gives you protein 3 ways-- from eggs, cheese, and milk. Any good cookbook has a recipe for cheese fondue.

And one more cheese dish--polenta, the Italian version of corn meal mush. To make polenta, you fry slices of cold corn meal must until they're golden brown. Then, when ready to serve, pour on them a slightly thickened tomato sauce, and sprinkle on a generous amount of grated cheese. Or, if you like, mix the cheese with the must when you make it, and serve with the tomato sauce or catsup.

Now for eggs in main dishes. One of the most popular is omelet. To give omelet a dress-up touch, just before you roll one golden brown side of the omelet on the other, or before you cook the egg mixture at all, add bits of cooked meat... or cheese sliced thin or grated. To make omelet even heartier and give it Spanish style, serve it with a sauce of tomatoes and other vegetables.

Still another answer to the main dish question is creamed eggs. Serve them on rice, or toast. Or as a shortcake on biscuit rounds. And don't forget a pickle along side, to give tangy flavor.

As for beans, well, there are many ways to serve beans. There are beans New England - baked slowly in a big, bean pot with bacon and molasses, until the beans are brown as the pot. There are beans Michigan - baked in a flat pan and seasoned with salt pork or bacon. And there are beans Western, with onion and tomato for company. Take your choice, or try them all.

For another interesting bean dish, roll up some bean "sausages." Here's how: Start by mashing 3 cups of cooked beans. Mix them with one-half cup of bread crumbs, 2 beaten eggs, and 1 teaspoon of sage, if you like. Add salt and pepper to taste. Shape into sausages, dip in raw egg beaten with a little water, and moisten with milk. Roll in bread crumbs and brown in a little melted fat.

Then there are bean salads - substantial enough to be the main dish for lunch or supper. Cooked beans take kindly to mixing with "the something sour" and the "something raw" that every good salad needs.

And then nuts. Have you tried a pecan and rice loaf? Pecans have been a Victory Food Special nut this November..they're plentiful. The loaf is a mixture of cooked rice, vegetable seasoning, chopped pecans, bread crumbs, and beaten egg. And is baked like a meat loaf, and served with or without a sauce.

For another tasty dish, nut and potato cakes. They're easy to make. Use leftover potatoes, either sweet or white. Mash the potatoes, season them. Then add chopped nuts, as many or few as you like. Brown the cakes on both sides in a little fat.

So there you are - quite a few suggestions for dishes to help spare and share the meat. You probably have good spare-the-meat recipes of your own. Once you get started inventing alternate dishes, you'll find many more.

#

